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Why this guide exists

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Drink	Profile	Mechanism
The Warrior	COMT Val/Val — Warrior	Fast dopamine clearance · Low baseline reward · Stimulant-seeking
The Sparky	COMT Val/Val — Warrior	Dopamine flatline · Novelty-seeking · Stimulation deficit
Shock Rock	COMT Val/Val — Warrior	Dopamine receptor density · RDS profile · High-stimulation need
Mission Fuel	COMT Val/Val — Warrior	Dopamine precursor loading · Sustained focus · No crash

Sampler scope: this pass localises the cover language, the quick-reference grid, and one complete recipe card while preserving the source structure and warmth.

01. The Warrior

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COMT Val/Val - Warrior | Fast dopamine clearance - low baseline reward - stimulant-seeking

Glass	Highball
Ice	Full ice
Ingredients	• 60 ml tart cherry juice • 30 ml green tea (cold brew or cooled) • 22.5 ml fresh lime juice • 15 ml honey syrup • 2 dashes Angostura bitters • Top with soda water
Method	Build over ice. Add cherry, tea, lime, honey, and bitters. Top with soda water and stir once.
Garnish	Lime wheel and maraschino cherry
How it works	Tart cherry brings melatonin precursors and anthocyanins that help buffer oxidative stress. Green tea contributes L-theanine for calm focus without sedation. Bitters add bitter-receptor stimulation that can support digestion and absorption.
Service note	Use metric specs and hotel-bar friendly wording. Ingredient sourcing may require substitutes for maraschino cherry or bitters by venue.
Medication note	Grapefruit caution: any drink containing grapefruit may affect medication metabolism. Keep a visible note for guests on regular medication.

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This pass extends the sampler into a fuller bartender atlas while preserving the original cover, localized styling, and detailed Warrior recipe page.

Drink	Profile	Mechanism
The Warrior	COMT Val/Val — Warrior	Fast dopamine clearance · Low baseline reward · Stimulant-seeking
The Sparky	COMT Val/Val — Warrior	Dopamine flatline · Novelty-seeking · Stimulation deficit
Shock Rock	COMT Val/Val — Warrior	Dopamine receptor density · RDS profile · High-stimulation need
Mission Fuel	COMT Val/Val — Warrior	Dopamine precursor loading · Sustained focus · No crash
The Architect	COMT Met/Met — Worrier	Slow dopamine clearance · Anxiety accumulation · Overstimulation
The Sage	COMT Met/Met — Worrier	GABA support · Methylation · Stress-chemical clearance
The Still	COMT Met/Met — Worrier	Cortisol regulation · HPA axis support · Sleep architecture
The Folate	MTHFR variant — Depleted	Methylation bottleneck · Neurotransmitter supply deficit · Homocysteine accumulation
The Methyl	MTHFR variant	SAMe precursors · B-vitamin support · Neurotransmitter synthesis
The B Complex	MTHFR variant	B-vitamin cofactors · Serotonin & dopamine synthesis · Energy metabolism
The Algorithm	Reward Deficiency Syndrome	D2 receptor density · Dopamine baseline · Anhedonia
The Dopamine	RDS	Dopamine precursor loading · Tyrosine availability · Reward circuit support
Norm	RDS	Tonic dopamine · Motivation baseline · Anhedonia management
The Serotonin	Serotonin deficiency	Tryptophan availability · Serotonin precursor loading · Mood floor
The Ground	Panic state	HPA axis regulation · GABA support · Cortisol dampening
The Metabolizer	CYP2D6 Poor Metabolizer	Detoxification support · Hepatic load reduction · Sensitivity management
The Burner	CYP2D6 Ultra-Rapid Metabolizer	Sustained signal · Anti-tolerance

		support · Receptor sensitivity
The Garden	Gut-brain axis	Microbiome support · Gut-derived serotonin · Inflammation reduction
The Patch	Post-substance gut damage	Intestinal integrity · Nutrient absorption · Inflammation load
The Restoration	Sleep architecture disruption	Melatonin precursors · GABA support · HPA axis evening wind-down
The Downshift	Cortisol high	Adrenal recovery · Cortisol clearance · Dopamine rebound management
The Civilian	Social environment navigation	Oxytocin support · Social comfort · Phenylethylamine (social bonding)
Alexa	Social anxiety	Serotonin availability · Social ease · Stress-reactivity under social load
Siri	Oxytocin support	Social bonding · Oxytocin pathway · Post-withdrawal isolation
The Protocol	Comprehensive	Full-spectrum support · MTHFR + COMT + Gut + Sleep + Social

Source quick-reference terminology translated in this pass for fuller native-language usability.

Deep Green. Deep Calm. No Performance Required.

COMT Met/Met — Worrier | GABA support · Methylation · Stress-chemical clearance

When the Anxiety Breaks Through the Floor.

Panic state | HPA axis regulation · GABA support · Cortisol dampening

Last Call. Best Call.

Sleep architecture disruption | Melatonin precursors · GABA support · HPA axis evening wind-down

05. The Architect

Calm the Signal. Clear the Queue.

PROFILE COMT Met/Met — Worrier	**TARGETS** Slow dopamine clearance · Anxiety accumulation · Overstimulation
GLASS: Rocks glass	ICE: Large cube

INGREDIENTS

- 60 mL strong cold green tea
- 22 mL fresh lemon juice
- 15 mL honey syrup
- 2 dashes Peychaud's bitters
- Top with soda water
- Muddled cucumber slice

METHOD

Muddle cucumber. Add tea, lemon, honey, bitters over ice. Top soda water. Do not shake — stir only.

GARNISH: Cucumber ribbon + lemon wheel

HOW IT WORKS

Green tea is the primary L-theanine delivery vehicle at a bar — L-theanine increases alpha brain wave activity, directly counteracting the stress-chemical accumulation of the Worrier profile. Cucumber contributes a cooling, low-stimulation frame, and the deliberate stir-not-shake method keeps the whole build gentle.

BARTENDER'S NOTE

The deliberate low-stimulation preparation is part of the experience. No shaker, no drama. This drink is built to feel like everything is already fine.

07. The Still

When the World Is Too Loud.

PROFILE COMT Met/Met — Worrier · Anxiety profile	**TARGETS** Cortisol regulation · HPA axis support · Sleep architecture
GLASS: Lowball / rocks	ICE: Single large cube

INGREDIENTS

- 60 mL tart cherry juice
- 30 mL chamomile tea (cooled, strong)

METHOD

Stir all over large cube. Add tiny soda splash last. Do not shake.

- 15 mL honey
- 3 dashes Angostura bitters
- Splash soda water

GARNISH: Dried rosemary sprig pressed to glass

HOW IT WORKS

Tart cherry juice provides melatonin precursors, while chamomile brings apigenin, a flavonoid associated with gentle calming support. Angostura bitters add a bitter backbone that keeps the drink from reading as juice and supports the slow, evening feel of the build.

BARTENDER'S NOTE

This is a slow-sipping drink. Pour it without rush. The rosemary garnish is pressed, not floated — the aromatic is part of the experience, not decoration.

18. The Garden

Heal the Belly. The Mind Will Follow.

PROFILE Gut-brain axis · Post-substance gut damage · Serotonin production site

TARGETS Microbiome support · Gut-derived serotonin · Inflammation reduction

GLASS: Highball

ICE: Full ice

INGREDIENTS

- 90 mL ginger beer (high-quality, live culture)
- 30 mL pineapple juice
- 22 mL lime juice
- 15 mL honey
- 4 fresh mint leaves
- Top with soda water

METHOD

Muddle mint lightly. Build pineapple, lime, honey over ice. Top ginger beer, then soda water.

GARNISH: Mint sprig + crystallized ginger if available

HOW IT WORKS

Real ginger beer and mint give this page its identity: a bright, digestive profile with cooling lift. Pineapple and honey round the drink and help it feel like a real menu item rather than a wellness shot. It reads social, but the structure is built around gut-first support.

BARTENDER'S NOTE

Quality ginger beer matters here — look for bottles with real ginger character, not flat ginger flavoring. The drink should taste alive.

Glass	Collins glass
Ice	Full ice
Ingredients	• 60 ml pressed apple juice • 22.5 ml fresh lime juice • 4 fresh mint leaves • 15 ml agave syrup • 2 dashes celery bitters • ginger ale
Method	Gently muddle the mint. Build over ice with apple juice, lime, agave, and bitters. Top with ginger ale and stir.
Garnish	Fresh mint sprig + apple fan
How it works	GABA support · Methylation · Stress-chemical clearance
Service note	Keep presentation calm, adult, and menu-ready.
Medication note	No grapefruit-specific medication note for this recipe.
15. The Ground	
Glass	Lowball / rocks
Ice	One large cube
Ingredients	• 60 ml cold chamomile tea (strong) • 30 ml apple juice • 22.5 ml lemon juice • 15 ml honey • 3 dashes Peychaud's bitters • Pinch sea salt
Method	Stir everything over one large cube. Do not shake. Serve immediately.
Garnish	Dried lavender pressed to rim (if available) or lemon twist only

How it works	HPA axis regulation · GABA support · Cortisol dampening
Service note	Keep presentation calm, adult, and menu-ready.
Medication note	No grapefruit-specific medication note for this recipe.

20. The Restoration	
Glass	Coupe or lowball
Ice	Single cube or straight up if served hot
Ingredients	• 90 ml tart cherry juice (unsweetened) • 30 ml strong chamomile tea (cooled) • 15 ml honey • 2 dashes Angostura bitters • Warm option: serve like a hot toddy without the cherry and with extra honey.
Method	Stir over a single cube, or warm in a mug. Do not shake.
Garnish	Dried chamomile flowers if available, or lemon wheel
How it works	Melatonin precursors · GABA support · HPA axis evening wind-down
Service note	Keep presentation calm, adult, and menu-ready.
Medication note	No grapefruit-specific medication note for this recipe.

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Bartender’s Friend

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Pass 11 · IN

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

Glass	Rocks
Ice	Full ice
Ingredients	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
Method	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
Garnish	Crystallized ginger on pick + lemon wheel

How it works

Gingerols and shogaols in real ginger directly stimulate digestive motility and reduce intestinal inflammation through COX-2 inhibition — the same pathway targeted by ibuprofen, but without GI damage. Apple juice provides pectin, a prebiotic fiber that selectively feeds Lactobacillus and Bifidobacterium strains. Angostura bitters' bitter compounds stimulate gastric acid and bile production, improving breakdown and absorption of the very nutrients the recovering brain needs.

Bartender’s note

This is the advanced ginger shot for people who want the gut support without the full garden. It's sharp, spicy, and self-evidently medicinal. Own it.

* The gut lining after years of heavy use looks like a clear-cut forest. Gingerols are the ground cover that comes back first. Pectin is the reforestation project.*

21. The Downshift

Decelerate. Not Crash. There's a Difference.

Cortisol high · Post-stim state · Stimulant recovery | Adrenal recovery · Cortisol clearance · Dopamine rebound management

Glass	Highball
Ice	Full ice
Ingredients	• 60 ml cold chamomile or lavender tea • 30 ml coconut water • 22 ml fresh lemon • 15 ml honey • Splash of soda water • Fresh rosemary sprig
Method	Lightly bruise rosemary. Build over ice: tea, coconut water, lemon, honey. Splash soda. Rosemary garnish.
Garnish	Rosemary sprig + lemon twist

How it works

Coconut water is the best natural electrolyte replacement available at a bar — sodium, potassium, and magnesium in bioavailable ratios. Electrolyte depletion is universal after high-cortisol periods and is one of the primary drivers of the post-stimulant crash. Rosemary contains rosmarinic acid (GABA-adjacent) and carnosic acid, a potent neuroprotective antioxidant that specifically protects dopamine neurons from the oxidative stress of the rebound period.

Bartender’s note

The rosemary is structural here, not just visual. Bruise the sprig so the oils release into the drink. The rosemary aroma also activates the olfactory-memory pathway — grounding and orienting.

* The stimulant crash is not about the substance leaving. It's about the oxidative damage to dopamine neurons in its wake. Carnosic acid in the rosemary is there specifically for that.*

22. The Civilian

Looks Like a Drink. Is a Drink. That's All Anyone Needs to Know.

Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

Glass	Rocks or coupe — your call
Ice	Your preference
Ingredients	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
Method	Build over ice or shake and strain. Either works. Serve how you like it.
Garnish	Orange wheel or nothing — fully optional

How it works

The Civilian is designed to look exactly like a cocktail in any social setting. The cranberry-orange-lime combination is indistinguishable from a cosmopolitan-adjacent drink. The psychological support for sober social navigation comes from the confidence of holding something that requires no explanation. Orange bitters' gentle bittering element also stimulates the bitter taste receptors that activate parasympathetic (calm) nervous system tone, reducing social anxiety.

Bartender’s note

Serve this like you'd serve any drink. No commentary, no health explanation. The guest ordered a Civilian. You made them a Civilian. That's the transaction.

The most powerful thing about the Civilian is the conversation it doesn't require. Sometimes the protocol is social camouflage. The nervous system recovers in peace.

Supplement Continuation

Alexa · Siri · The Protocol

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Bartender’s Friend

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Pass 11 · IN

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

Glass	Rocks
Ice	Full ice
Ingredients	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
Method	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
Garnish	Crystallized ginger on pick + lemon wheel

How it works

Gingerols and shogaols in real ginger directly stimulate digestive motility and reduce intestinal inflammation through COX-2 inhibition — the same pathway targeted by ibuprofen, but without GI damage. Apple juice provides pectin, a prebiotic fiber that selectively feeds Lactobacillus and Bifidobacterium strains. Angostura bitters' bitter compounds stimulate gastric acid and bile production, improving breakdown and absorption of the very nutrients the recovering brain needs.

Bartender’s note

This is the advanced ginger shot for people who want the gut support without the full garden. It's sharp, spicy, and self-evidently medicinal. Own it.

* The gut lining after years of heavy use looks like a clear-cut forest. Gingerols are the ground cover that comes back first. Pectin is the reforestation project.*

21. The Downshift

Decelerate. Not Crash. There's a Difference.

Cortisol high · Post-stim state · Stimulant recovery | Adrenal recovery · Cortisol clearance · Dopamine rebound management

Glass	Highball
Ice	Full ice
Ingredients	• 60 ml cold chamomile or lavender tea • 30 ml coconut water • 22 ml fresh lemon • 15 ml honey • Splash of soda water • Fresh rosemary sprig
Method	Lightly bruise rosemary. Build over ice: tea, coconut water, lemon, honey. Splash soda. Rosemary garnish.
Garnish	Rosemary sprig + lemon twist

How it works

Coconut water is the best natural electrolyte replacement available at a bar — sodium, potassium, and magnesium in bioavailable ratios. Electrolyte depletion is universal after high-cortisol periods and is one of the primary drivers of the post-stimulant crash. Rosemary contains rosmarinic acid (GABA-adjacent) and carnosic acid, a potent neuroprotective antioxidant that specifically protects dopamine neurons from the oxidative stress of the rebound period.

Bartender’s note

The rosemary is structural here, not just visual. Bruise the sprig so the oils release into the drink. The rosemary aroma also activates the olfactory-memory pathway — grounding and orienting.

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Looks Like a Drink. Is a Drink. That's All Anyone Needs to Know.

Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

Glass	Rocks or coupe — your call
Ice	Your preference
Ingredients	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
Method	Build over ice or shake and strain. Either works. Serve how you like it.
Garnish	Orange wheel or nothing — fully optional

How it works

The Civilian is designed to look exactly like a cocktail in any social setting. The cranberry-orange-lime combination is indistinguishable from a cosmopolitan-adjacent drink. The psychological support for sober social navigation comes from the confidence of holding something that requires no explanation. Orange bitters' gentle bittering element also stimulates the bitter taste receptors that activate parasympathetic (calm) nervous system tone, reducing social anxiety.

Bartender’s note

Serve this like you'd serve any drink. No commentary, no health explanation. The guest ordered a Civilian. You made them a Civilian. That's the transaction.

The most powerful thing about the Civilian is the conversation it doesn't require. Sometimes the protocol is social camouflage. The nervous system recovers in peace.

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Bartender’s Friend

Added Recipe Pages

Pass 12 · IN

Companion booklet for the next three recipe builds.

Alexa

Clear Signal. No Static.

PROFILE Social anxiety · Serotonin transport variant · SLC6A4 TARGETS Serotonin availability · Social ease · Stress-reactivity under social load

GLASS: Highball ICE: Full ice

INGREDIENTS:

- 60 mL blue butterfly pea tea (or substitute with blueberry juice)
- 30 mL lemon juice
- 15 mL honey syrup
- 2 dashes lavender bitters (or Peychaud's)
- Top with tonic water

METHOD: Build over ice. Tea (it turns purple with lemon), honey, bitters. Top tonic. Watch the color shift.

GARNISH: Lemon wheel + edible flower if available

How It Works

Blue butterfly pea tea (or blueberry juice) provides anthocyanins that cross the blood-brain barrier and activate the BDNF pathway — brain-derived neurotrophic factor, the compound that supports neuroplasticity and the formation of new behavioral patterns. The color shift from blue to purple when lemon juice is added is a pH reaction — visually interesting, conversation-generating, and entirely appropriate for the social anxiety profile that needs an ice-breaker built into the drink itself.

Bartender's Note

If the bar has butterfly pea tea (many craft bars do), the color shift is genuinely magical and a guaranteed conversation piece. If not, blueberry juice works and is equally functional.

BDNF is how the brain builds new roads. Anthocyanins are the road-building crews. The person ordered Alexa because they want the new roads. Give them the ingredients.

Siri

The Second Voice. The One That Knows the Shortcut.

PROFILE Oxytocin support · Post-isolation social re-entry TARGETS Social bonding · Oxytocin pathway · Post-withdrawal isolation

GLASS: Coupe ICE: Up — chilled coupe

INGREDIENTS:

- 60 mL fresh watermelon juice (or pomegranate if out of season)
- 22 mL lime juice
- 15 mL honey
- 2 dashes Peychaud’s bitters
- Splash of grapefruit juice
- Shake hard

METHOD: Shake all with ice. Double strain into chilled coupe. Serve up.

GARNISH: Dehydrated lime wheel + expressed grapefruit peel

How It Works

Watermelon contains L-citrulline, an amino acid that converts to L-arginine in the kidney, which then supports nitric oxide production — a signaling molecule that facilitates social bonding pathways and oxytocin release. Pomegranate (off-season substitute) provides punicalagins which have documented effects on cortisol reduction in social stressor studies. The elegant coupe presentation supports the social function of the drink: this is for the person re-entering the social world after isolation.

Bartender’s Note

This is the most beautiful drink on the list. The deep pink-red color in a chilled coupe. Serve it with the confidence of a cocktail you're proud of. Because you are.

* The Isolation Algorithm (Protocol 16, Protocol 25) is about rebuilding the social neural pathways that went dark. L-citrulline is a tiny biological nudge in that same direction. The beautiful glass is the rest of the protocol.*

The Protocol

The House Drink. The Whole System. One Glass.

PROFILE Comprehensive · Daily maintenance · All profiles TARGETS Full-spectrum support · MTHFR + COMT + Gut + Sleep + Social

GLASS: Your best glass ICE: Your preference

INGREDIENTS:

- 60 mL pomegranate juice
- 30 mL green tea (cold brew)
- 22 mL lemon juice
- 15 mL honey
- 2 dashes Angostura bitters
- Splash ginger beer
- Top with soda water

METHOD: Build over ice. Pomegranate, tea, lemon, honey, bitters. Ginger beer splash. Top soda. Stir once. Garnish with everything you have.

GARNISH: Lemon wheel + mint sprig + pomegranate seeds if available

How It Works

The Protocol contains the broadest functional spectrum of any drink in this guide. Pomegranate delivers folate (methylation), resveratrol (COMT modulation), and punicalagins (cortisol reduction). Green tea delivers L-theanine (alpha-wave calm), EGCG (neuroprotective antioxidant), and catechins (gut microbiome support). Lemon delivers Vitamin C (dopamine synthesis cofactor). Honey delivers prebiotic oligosaccharides and quercetin. Bitters deliver gentian (adrenal modulation). Ginger beer delivers gingerols (gut integrity and anti-inflammation). This is the Recovery Kernel in beverage form.

Bartender’s Note

This is the house recommendation when someone doesn't know what they want and isn't looking for an explanation. 'We have something that covers everything — it's called The Protocol.' Then make it like you mean it.

Every protocol in the main book has a biochemical target. This drink hits more of them than any other combination available at a standard bar. It's the daily maintenance stack. It's good. Order it twice.